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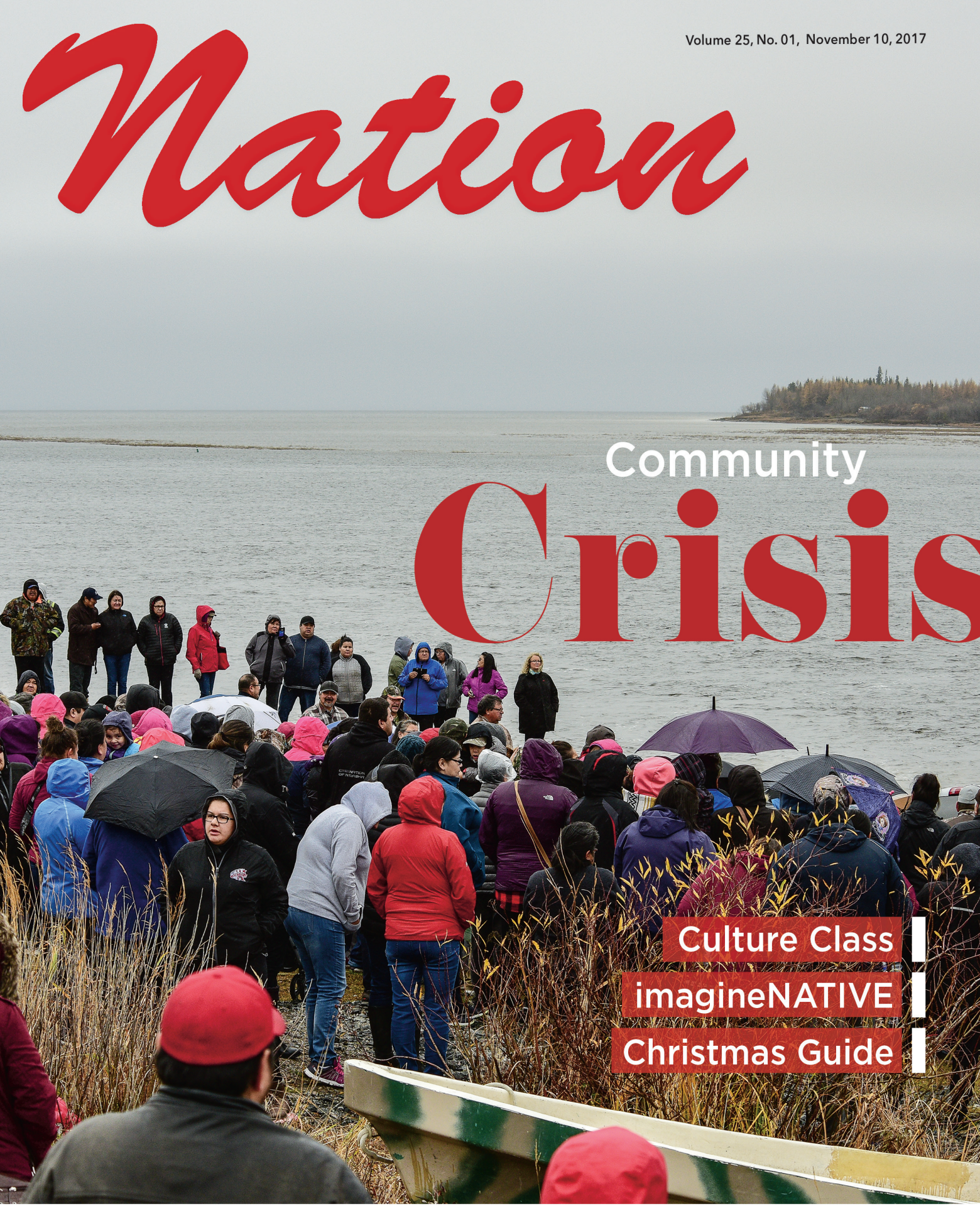

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CONTENTS

5 | Still searching

10 | The culture kids

16 | Indigineous film festival

22 | XMAS Guide 2017

Health

30 | Sweet tooth

Updates

31 | Connected

EDITORIAL
JBNQA anniversary 4

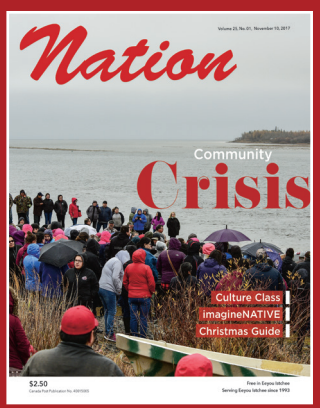
NEWS
Community crisis 5
Questioning the EIJBRG 7

IN BRIEF 9

FEATURES
Back to the basics 10
A working celebration 16
Winning the holidays 22
Big sugar 30
On the grid 31

REZ NOTES
Chasing the dream 33

UTNS
The first snow 34



Prayer gathering in Waskaganish
Photo by
Ian Diamond

Editorial

The Anniversary of the JBNQA

by Grand Chief Abel Bosum

I consider it the highest privilege to have been elected to be the Grand Chief of the Cree Nation – a privilege that I promise to fulfill to the best of my ability. It is a profoundly humbling feeling to know that I am following in the footsteps of our great Cree leaders of the past, including Billy Diamond, Ted Moses, Matthew Mukash and Matthew Coon Come. I truly understand what it means to be standing on the shoulders of giants.

It is my intention, and my mandate from the people, to continue the vision of our past leaders and to continue our nation-building agenda. While working within this framework, I have listened to the Cree people, and on the basis of what I have heard, the theme of my administration will be "Bringing Home the Benefits".

Based on my own experience, particularly as Chief of my home community of Oujé-Bougoumou, I know that the only way we can achieve an ambitious vision and an ambitious agenda, is by doing things chiyaanuu – together. I am committed to bringing this principle, and this approach, to my work as Grand Chief.

In order to maintain my essential contact with our communities, I have revived the table of Chiefs Meetings – a forum where our Cree Chiefs sit together without the formality of Council/Board meetings and openly share visions, aspirations, concerns and constraints. I hope for this table to become an important source of additional information that will help my administration in focusing on real needs, real opportunities and real priorities.

I have also begun to make regular visits to all of our Cree communities so that I can hear first-hand from the people about their concerns and their wishes for the future. And additionally, I will also be asking for meetings with our Cree Youth Council, the Council of Elders and our Cree Women of Eeyou Istchee Association. I would like the Cree people to know that my administration will be there for all the people.

I believe that in these ways we will be able to solidify and nurture the Cree unity which has been such a vital element of Cree successes for decades under the leadership of our previous Grand Chiefs. I am committed to ensuring that this unity remains intact and deepens. I firmly believe that we Cree people are on this journey of ours toward Indigenous nation-building together, and we are at our best when we know, in a very deep sense, that we are all in this together, and that it is chiyaanuu, together, that we will make it the best journey possible.

With these principles firmly in place, and with the commitment to effective communications, there are important things I will work to achieve:

- Implementation of a Cree Nation housing program to address the housing crisis in our communities;
- Increase our efforts in implementing an effective approach to capacity-building, with a particular focus on our youth;
- Development and implementation of a Cree jobs strategy to ensure the financial stability of our people, families and communities;
- Improvement of the lives of our hunters and trappers who have been, and remain, the backbone of our culture, our values and our way of life.

My greatest joy over the years has come from seeing our people enjoying the benefits of services and programs that improve their lives. I would love nothing better than to experience this many times again as our Cree Nation continues to thrive and prosper, and continues to bring home the benefits – all of which have ultimately derived from our treaty, the James Bay and Northern Quebec Agreement.

Meegwetch

> My greatest joy over the years has come from seeing our people enjoying the benefits of services and programs that improve their lives

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News

Community crisis

Eeyou Istchee mourns Waskaganish hunting party

by Joshua Grant | Photo by Ian Diamond

As the search for missing hunters from the community of Waskaganish continues into its third week, grim reality has begun to set in after two of the four men were discovered drowned.

First, the body of 48-year-old Patrick Salt was recovered October 19, not far from where a capsized boat, along with a few bags and coolers, were found on the shore of Rupert Bay. It was the first sign that a massive search-and-rescue mission by the Eeyou Eenou Police Force (EEPF), the Department of National Defence and the Sûreté de Québec would not have a happy ending.

Over 300 volunteers, rescue workers and community members gathered on the Waskaganish bayshore October 25 to recognize the lives and community contributions of the four missing men. Organized by the Waskaganish band council, locals and members of surrounding communities showed support for the families of the men and encouraged the search-and-rescue teams to persevere. Across Eeyou Istchee and throughout Quebec, people took moments of silence and assembled to pray for the safe return of those who had not yet been found.

Unfortunately, on October 28, a second body was found 2.5 km southeast of Stag Rock, closer to the mouth of Rupert Bay. That day at 5:15 pm the EEPF received a call saying that 43-year-old William Diamond, son of William and Margaret, had been recovered and identified by a family member.

The search for Kenneth Salt, 67, and Gabriel Shecapio, 30, was still ongoing at press time. But more than three weeks after the men set out into the bay, few remain optimistic they will be found alive. At least two men – husbands, brothers, sons and family leaders – lost their lives while hunting geese to provide for their family and community.

Hundreds of people from across Quebec volunteered to help with the search while others supported the search-and-rescue mission by providing food and shelter. Eastmain supplied a boat and a team of divers, Nemaska sent a busload of people and supplies, and volunteers have travelled from Chisasibi, Moose Factory and beyond to join the search – one group came all the way from Kahnawake.

On foot, by ATV, boat and airplane, they tirelessly scoured the water and shores of Rupert Bay, at times being forced to wait out high tides and rough winds.

If anything positive has emerged from the tragedy it's the underlying sense of community support and resilience shown by those all across Eeyou Istchee.

"The Cree Nation, we support each other," said Myles Blackned, EEPF Investigator for the Southern District. "If it was the other way around, Waskaganish would do the same thing."

> At least two men – **husbands, brothers, sons and family leaders** – lost their lives while hunting geese to provide for their family and community.

Our best wishes to the Cree Nation on the anniversary of the James Bay & Northern Quebec Agreement, signed on November 11, 1975

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October 17-18, 2017	Cree Nation of Waswanipi	Community Health & Fitness Centre	17th (2-5pm, 6-9pm) 18th (9am-12pm, 6-9pm)
POSTPONED	Cree Nation of Nemaska	Recreation Hall	TBD
November 14-15, 2017	Cree Nation of Wemindji	Community Hall	7:00 – 10:00pm
December 12-13, 2017	Waskaganish First Nation	KKL Conference Room	6:30 – 9:30pm
January 16-17, 2018	Cree Nation of Eastmain	*To be confirmed	TBD
February 20-21, 2018	Washaw Sibi	*To be confirmed	TBD
March 20-21, 2018	Cree Nation of Mistissini	*To be confirmed	TBD

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Questioning the EIJBRG

by Ben Powless

Regional Government running world's **largest municipality still little understood**

Even though the Eeyou Istchee James Bay Regional Government (EIJBRG) has been in place since 2014, questions remain about its role.

The Nation reached Grand Chief Abel Bosum, the current chairperson of the Regional Government, to clear up some of the confusion.

In many ways, the formation of the Regional Government can be seen as a natural evolution of the 1975 James Bay and Northern Quebec Agreement and the Paix des Braves agreement of 2002, Bosum explained. While both recognized Cree governance and management of natural resources, they also left many finer details of the proposed nation-to-nation relationship undefined.

In 2012, the Cree Nation Government (CNG) and the Quebec government signed the Agreement on Governance in the Eeyou Istchee James Bay Territory. This was supported by legislation adopted by the National Assembly in 2013, which replaced the Municipalité de Baie-James (MBJ) with the EIJBRG January 1, 2014.

The new Regional Government covers 277,000 square kilometres of Category 3 land, as set out in the James Bay and Northern Quebec Agreement.

This new government was formed by representatives of both the Cree Nation Government and the Jamésian communities: there are 11 Cree representatives, made up of chiefs from each community in addition to the Grand Chief and Deputy Grand Chief. The 11 Jamésian representatives are chosen from the municipal councils of the four municipalities and three localities in the territory.

*"Lots of road infrastructure is absent, and needed to **stimulate the economy**"*

Every two years, the chairperson rotates between the Grand Chief and a representative of the non-Cree communities.

The Regional Government functions as a municipality – the world's largest by land mass, according to its website – and provides municipal services to a number of people who occupy leases and pay taxes within the territory but outside of individual communities.

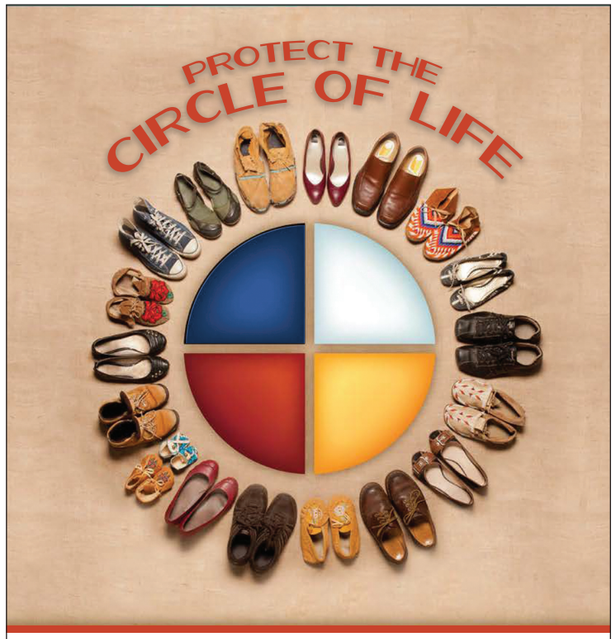
The EIJBRG is responsible for by-laws that regulate subjects such as natural resources and the environment, businesses, and cottages. It also promotes tourism in the region.

While Bosum notes that the high cost of travel has seen declines in tourism since the 1960s and 1970s, he's hopeful that tourism can be beneficial to people in the region, while respecting the environment and Cree culture.

Bosum thinks the Regional Government has also been useful for having the Jamésian communities understand Cree culture and issues, and vice-versa. "Both sides are trying to understand each other's ways of dealing with issues and making decisions," he said. "Communication is the only way to understand each other. Learning to respect each others' opinions, looking at options to resolve them."

After regional elections across Quebec November 5, Bosum looks forward to holding a planning session with the chiefs and the new mayors and councillors to figure out what the Regional Government might accomplish in the coming years.

"Infrastructure is a big issue, we lack infrastructure," he emphasized. "Many of our communities still rely on gravel roads, those need to be improved. The James Bay highway needs improvement; connections between inland and coastal areas need improvement. Lots of road infrastructure is absent, and needed to stimulate the economy."



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In Brief

Ontario college teachers strike

About 12,000 Ontario college instructors and professors at 24 post-secondary institutions entered the third week of a province-wide strike October 30. It's estimated that about 300,000 students are affected by the contract dispute.

The Ontario Public Service Employees Union (OPSEU) cites the growing number of part-time teachers and instructors and lack of job security as the main reasons it has not come to terms on a new agreement with the Ontario government.

A provincially appointed mediator requested the two sides come back to the negotiating table November 2. Meanwhile, tens of thousands of students have signed a petition asking for a $40 refund of the tuition fees each day the strike continues.

Quality Inn **wins again**

The Nation congratulates the Quality Inn & Suites Val-d'Or for its fifth consecutive Award for Property Excellence (APEX).

The APEX recognizes the quality and constancy of customer service by surveying guests on how likely they would be to recommend the hotel to friends, family and business associates. Quality Inn & Suites Val d'Or was the highest ranked hotel on that metric across the province.

Remembering **Jewyll**

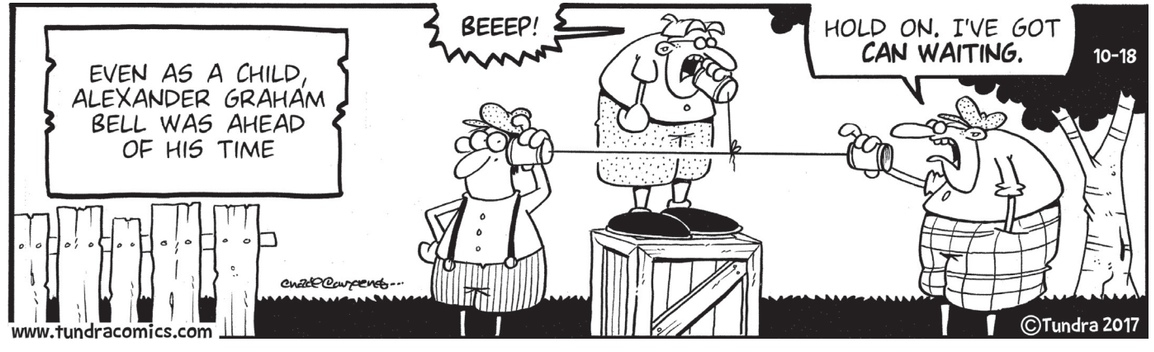
Friends, family and teammates laid Mistissini community member Jewyll Matoush to rest October 27 after a car accident near Oujé-Bougoumou claimed her life earlier in the month.

An avid hockey player, Jewyll will be remembered for her great smile, ready laugh and ability on the hockey rink. Jewyll was an inspiration to young girls and a trailblazer for women's hockey in Eeyou Istchee. She even played against the boys.

Helen Gunner wrote on Facebook: "Jewyll loved to dangle, split the D easily, toe drag, patiently outwait the goalie, then snipe top shelf/bardown/five hole."

Matoush had recently finished a program in construction and heavy equipment operation, and was already valued for her carpentry skills.

The Nation extends its heartfelt sympathies to Jewyll's family and friends. She will be deeply missed.



back to the Basics

by Ben Powless
Photos by Jacques Larouche

Waswanipi culture school program takes hands-on approach to traditional values

Waswanapi teacher Flora Otter begins her day quite differently than most of her colleagues.

In the mornings, she might work with the girls in the school to gather ingredients they will cook that afternoon: beaver, geese, partridges or rabbits – moose meat if they're lucky.

Otter is one of two Cree culture teachers in Waswanapi, which just opened The Cree Culture Teaching Sites at Willie J. Happyjack Memorial School – for high school students – and at the Rainbow School for elementary students. About 200 people attended the opening ceremony October 12.

The new facilities include a cabin, a cookhouse with a large open firepit and a wood stove, a prospector tent, and a teepee with a metal container for storage.

A more traditional teaching environment had long been one of Otter's dreams. "I've been teaching there seven years, we were always in the classroom teaching Cree culture. I told [vice-principal] Robert Laperle that cooking isn't about using an oven, it's about cooking on an open fire," she told *the Nation*.

The Cree School Board made just over $40,000 available to the community's three schools to either **improve the camps they had, make renovations, or even build a new camp.**

"The first role of a school in a community is to ***get people together"***
- Vice-Principal Robert Laperle

Laperle has lived in the community since December 2015. Originally from Sherbrooke, he became the province's youngest principal at 27 in Quebec City. Now 48, he said he always wanted to work with Aboriginal students, and jumped when the opportunity presented itself.

When Otter approached him with her project, he noted that the school already had some cabins by the river in the community.

According to the community's other Cree culture teacher, Louis Saganash, the problem was that they were a 15-minute walk from school, enough of a distance for kids to get distracted, complain about the heat or cold, or even skip out entirely.

By coincidence, the Cree School Board had just budgeted $40,000 for the community's three schools to either improve the camps they had, make renovations, or even build a new camp.

This was exactly what was needed.

The schools agreed on five priorities for the new project:

- Provide students with traditional Cree facilities;
- Enable Elders to rebuild positive relationships with school environments;
- Ensure transmission of Cree values, traditions, knowledge and skills;
- Create a Cree environment for teaching Cree culture;
- Create a relationship with the local vocational training centre.

Laperle explained that many Elders still had negative memories of school environments because of their time in residential schools, so the second point was particularly important.

The vice-principal obtained band council agreement to extend the school's land where the new facilities would go. Laperle also decided they would need a fence and path. He talked to Community Education Administrator Jackie Barney and the band office about

300 people, including 178 Elders, were invited to the opening on October 12

covering some of these costs. Barney was able to secure an additional $15,000 for the fence, and the band helped make arrangements for materials for the path.

Laperle then approached the community's adult vocational school, which has programs in heavy machine operation and land surveying. The vocational school agreed to make it a joint venture, and have its Cree students build the path for free, as part the students' practical requirements.

Things came together quickly, and by July, the students began surveying the land, bulldozing and putting things together. By August, they had built the path, the fencing and installed a security system. They then hired two local carpenters, who charged them a minimal price to build the cookhouse and cabin.

All told, the project came in $32 over budget. The schools received an additional $1,000 for two community contests – one to name the school, and another to develop a logo.

Grade 4 student Brooklyn Dixon received $500 for her entry, iinuu iiyihtuuwin chiskutamaachewinikamikw. "The Cree Culture Teaching Site" is the official name in English. The logo design contest is open until November 20 for any community member of Waswanapi.

Saganash worked with the boys to make 150 miniature paddles, while Otter worked with the girls to inscribe, "I was here, iinuu iiyihtuuwin chiskutamaachewinikamikw." An artistic canvas was cut in half to signal the opening of the new facilities during the October 12 ceremony.

"The first role of a school in a community is to get people together," explained Laperle. "To be there for

Taapwaauchaayimiisu
Believe In Yourself

OUR PROGRAM

Taapwaauyimiisu (Believe in youself) program is a resource available for the schools in the three Cree communities, where the pilot project is currently being launched . We offer support to the students' ages 12 to 17 years old who, for various reasons, are temporarily suspended from 3 to 5 days from school.

The expression ***"Believe in yourself"*** is dear to our program as we want to send a strong message of empowerment and self-worth to our youth.

OUR SERVICE SITES

Taapwaauchaayimiisu program in Mistissini has officially moved in their new service site at the Family Resource Centre (Old Youth Centre). Thank you, Cree Nation of Mistissini, for your collaboration in providing space for our youth.

We would also like to thank everyone that attended our open houses in Waskaganish and Chisasibi.

Should you require more information, please contact the coordinator.

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everybody, not just students or staff. All the community builds around a school. It's a safe environment, so the school has a big role in the community, with that site I think we play that role better now."

The band office has asked the high school students to cater Waswanipi's next general assembly. The students will use the cookhouse, with the community paying them while they learn how to cook and serve traditional foods.

The Rainbow School serves 280 children in Grades 1 to 6. The Willie J. Happyjack Memorial School serves 180 youth, from Secondary I-V.

Instead of taking Cree culture courses daily, students take two weeks total of just Cree culture over the school year, sometimes split between the fall and winter or spring. "If we start cooking bannock, 15 minutes isn't enough," Laperle observed.

Otter says a typical day starts with a classroom discussion of traditional values. She tells students how to respect the animals and trees. Later, they may do beading and sewing.

If they are able to get traditional meats, they might spend the morning helping to prepare some of the ingredients, and then spend the afternoon cooking. Otherwise they can still make bannock.

"Even if they can't go into the bush, I just want to bring it into the classroom," said Otter. "I lived in the bush with my parents and still return to learn with them – I bring what they teach me into the class. Sometimes just talking to them about how to respect the animals and earth, say thank you to the animals you kill, not waste food, when you sew, you don't get mad when you do things for others – put love into it when you make something."

All told, the project came in **$32 over budget**

*I lived in the bush with my parents and still return to learn with them – **I bring what they teach me into the class.***
- Flora Otter

For Louis Saganash, a typical day looks a little different. They may start out carving cooking sticks for the meat. If the winds aren't too bad, they may head out in a canoe, especially with the older students, learning to fish, how to clean the fish, checking the trees, learning how to track animals and the best ways to go hunting. In the winter, they'll go snowshoeing, snaring, and even take excursions out of town with sleds, snowshoes and tents to visit an Elder who lives out of town.

Now working at the schools for four years, Saganash is also pursuing a program in Cree culture skills at McGill University after having lived 19 years in the bush. "This is how I want kids to learn," he insisted.

"It's not just about making a sale, it's about establishing a relationship and a contact. It's that meeting where you start the conversation with people who can help your career."
- Kanawake Mohawk documentary filmmaker Courtney Montour

The working celebration became abundantly clear on the third day of the festival in a neon-lit white room during what could only be described as speed dating for film industry professionals. The buzz of rapid-fire conversation filled the room until a bell abruptly silenced the participants and they were instructed to move to their next meeting.

by Dan Isaac | Photos provided by imagineNATIVE

imagineNATIVE offers opportunities for Indigenous filmmakers

A Working Celebration

imagineNATIVE is a celebration of Indigenous film. It's also a hustle for executives trying to find the next big name in Indigenous cinema and Indigenous filmmakers looking for funding or distribution for their work. In other words, it's a working celebration.

The 18th Indigenous Film Festival invaded Toronto's Tiff Bell Lightbox October 18-22 with 115 Indigenous-made films, more than 80 of them by women sitting in the director's chair.

The working celebration became abundantly clear on the third day of the festival in a neon-lit white room during what could only be described as speed dating for film industry professionals. The buzz of rapid-fire conversation filled the room until a bell abruptly silenced the participants and they were instructed to move to their next meeting.

"Are you here to pitch?" asked a busy looking man with a clipboard. After telling him I was journalist, he introduced himself as Daniel Northway-Frank, Industry Director for the festival and programmer for the Micro Meeting Networking event I'd stumbled into.

Northway-Frank informed me that this year's event was the most successful to date and had attracted 37 industry leaders and 50 creative teams. There were about 200 one-on-one meetings that took place, he added.

"It's not just about making a sale, it's about establishing a relationship and a contact," explained Kanawake Mohawk documentary filmmaker Courtney Montour. "It's that meeting where you start the conversation with people who can help your career."

But Montour wasn't there to pitch a film. She had already made it. For her it was about getting it seen. "Submitting to festivals can be a lottery, there are thousands of submissions and only so many slots available," she noted. "Sometimes your film is turned down without anyone seeing it – you can tell because your Vimeo account tracks views."

The micro meetings afford filmmakers valuable one-on-one time with people who can help their career. It's about attaching a face and personality to what can be an ocean of anonymous submissions. The meetings are tailored to individual needs. Montour met with the heads of festivals, while Cree/Métis filmmaker Jay Cardinal Villeneuve, whose short film screened at the opening gala, spent his time at the event pitching to producers and studio heads.

"It was like I was playing for the Blue Jays in there," Villeneuve told *the Nation*. "I was just serving up pitches."

In addition to the networking and cinematic buffet, the imagineNATIVE festival does its part to recognize both the new faces and mainstays in the industry.

Tina Keeper, of North of 60 fame, was honoured for her contributions to Indigenous film with the August Schellenberg Award of Excellence. Kahnawake's Devery Jacobs was singled out for her work as writer and director of the short film RAE with the Ellen Monague Award for Best Youth Work.

The festival also does its part to develop Indigenous talent through grants, residency programs and professional development opportunities. One of this year's recipients was Colin Van Loon, a Blackfoot filmmaker based in Vancouver.

Van Loon received the NFB/imagineNATIVE Interactive Digital Residency. The application-based program will immerse him in an eight-month development of a digital media piece through mentorship, training and access to human and fiscal resources provided by the National Film Board of Canada's digital studio in Vancouver.

The residency will give Van Loon the resources to create a VR-360 docu-drama depicting the Indigenous history of Canada from an Indigenous perspective.

"It's a tremendous opportunity and I'm very grateful I was selected to create something with and be mentored in new media," Van Loon said. "It's exciting to work with a format that's just being developed and I feel like I'll have the chance to discover new techniques and ways to tell stories."

One film that created waves at the festival was Waru, directed by eight different Maori women, that tells eight interconnected stories revolving around the death of a young boy. It was the film-to-see at the festival according to critics and filmmakers alike. "Waru was the one film that got me kind of misty at the festival," Van Loon told *the Nation*.

Jordan Wheeler, a screenwriter for North of 60, said imagineNATIVE was a bit of a reunion for the popular program that ran 1992-98 on CBC. The show's alumni were out in full force to support the festival, and while Wheeler's gone on to write, story edit, and run writers' rooms on a number of shows, seeing the cast got him thinking about the start of his career.

"North of 60, back when the CBC had training dollars and training was part of the mandate, had a number of writer interns pass through. I was the first, an intern for all of season one," Wheeler wrote in a Facebook post. "We also had Richard Van Camp come through the story room as an intern. A young, spry scribe not far removed from the En'owkin Centre in Penticton, BC, Richard had an optimism that was infectious. He was nicknamed the ambassador of love. In season three, the late Richard Wagameese was brought on board as an intern."

While things in the film industry have evolved, imagineNATIVE gave the impression that Indigenous film is thriving. New generations of filmmakers are carrying the torch forward with pride while opportunities abound for those with the creativity and drive to tell our stories.

New generations of filmmakers are carrying the torch forward with pride while opportunities abound for those with the creativity and drive to **tell our stories**.

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Department of Justice and Correctional Services
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Record Suspension Program

You can apply for a record suspension (pardon) to have your criminal record sealed, which can help you to get a job

You may be eligible if you:

- Were convicted of a criminal offence
- Have completed all the requirements of your sentence and probation
- You have completed the 5 or 10 year waiting period, depending on the nature of the offence

If you are a Cree beneficiary, the Cree Nation Government (CNG) can help you to fill out the record suspension application and if you qualify for financial assistance, the CNG may pay the costs associated with the application.

Need Help on How to Apply?

Contact your Local Community Reintegration Officer:

Chisasibi:	819-855-2120
Eastmain:	819-977-2400
Mistissini:	418-923-2661
Nemaska:	819-673-2400
Ouje-bougoumou:	418-745-2260
Waskaganish:	819-895-2126
Waswanipi:	819-753-2770
Wemindji:	819-978-3300
Whapmagoostui:	819-929-3796

If you have any additional questions or need more information, please contact the Correctional Services Regional Office in Val-d'Or at 819-874-2600 or by email at justice.valdor@cngov.ca

www.creejustice.ca

ADVERTORIAL

Hydlo and FRIENDS Online

Monitoring changes in the Rupert's fish communities

Aa naakitiwaahtikaniwich
Aasinaakusit namaash

To watch the new video, visit **www.hydloandfriends.com**

Using net fishing on the reduced-flow stretch of the Rupert, a team monitors changes in fish communities by documenting the biological characteristics, composition and fishing yields of the different fish populations.

Bertie Gilpin
Field worker, Nemaska

Rupert River

Redfern Cheezo
Field worker, Nemaska

Each month, a new video will be added to hydloandfriends.com. To learn more, listen to the Hydlo and Friends radio show on JBCCS. Its hosts, Luke MacLeod and Luc Duquette, discuss the environmental follow-up activities related to the Eastmain-Sarcelle-Rupert complex, as well as the concerns of land users with regard to Hydro-Québec's facilities and activities.

Next show:
Wednesday, November 15,
at 8:00 a.m.

Winning the Holidays

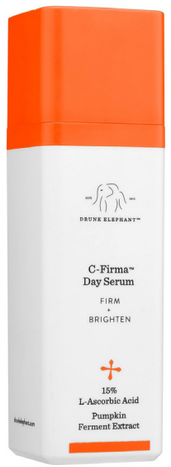
The Nation's Christmas Shopping Guide

For most people, the Christmas holidays are about unconditional love, togetherness and family – we here at *the Nation* respectfully disagree. Maybe once upon a time it was about all those warm mushy feelings. To a point, all that is true, but try putting a bow on togetherness. Think about how your kids would feel about finding family under the tree, or surprising your significant other with unconditional love.

Our point is that during the holiday seasons there are winners and there are losers – so grab a cup of eggnog or hot cocoa, bundle up and skip the line with *the Nation* on this retail journey to a winning holiday season. Because it's true, the real joy of Christmas is in giving.

Birks Jewelry

For the proud Cree gal who is getting ready to take the next step in life, be it a graduation, an engagement, an anniversary or just an expression of love, Birks is carrying Stornoway's Renard collection of diamonds mined in Eeyou Istchee. They are absolute beauties. When *the Nation* went attended the the launch of the collection, there were rings that ranged from the small-and-affordable to a band you would expect to see on Céline Dion's hand – a $600,000, 8-carat ring that was like putting a disco ball on your finger. Perfect to impress any woman for any occasion.
www.maisonbirks.com



Sephora Cosmetics

For the lovely lady on your list who glams it up at home, there's nothing like a gift certificate for Sephora because it combines all that is fun in life for glamour gals. Known for its fast delivery, Sephora offers everything from perfumes, hair products and makeup to brushes and fake lashes. So if your lady loves beauty products but is not very specific about it, buy her a Sephora gift certificate. There's no going wrong with this.
www.sephora.com

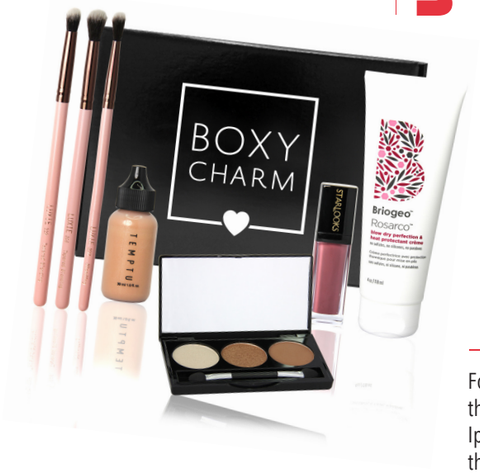
Cabela's Outerwear

For the gal who is all about bush life… Thinking of getting her new outerwear this season? Cabela's has a deal on a super-warm, long-length coat that is meant for the extreme cold. The Outdoor Survival Canada Siku Knee Length Parka is available at Cabela's (just outside of Ottawa) in red or black for $859.99 and its name means "sea ice" in Inuktitut. Made for extreme weather, this parka has backpack straps ideal for wellness walks, a Velcro-secured wind flap with chin guard for when you are flying around on the ski-doo and has zip-in layers that are ideal to adjust for the weather. Available in all sizes, this is an ideal coat for the queen of the north or for someone who wants to spend the day in the bush.
www.cabelas.ca

Fabfitfun

New and making headway in the world of online shopping are subscription boxes. There's the popular "Fab, Fit, Fun", a seasonal box that boasts "$200 value for only $49.99," according to its website. There are some gals, particularly the sporty ones, who sing its praises.
fabfitfun.com

Boxycharm



For gals into makeup, Boxycharm can be the thing they look forward to. For makeup mavens who dig making up their friends and experimenting with colour and style, Boxycharm products can take you out of your comfort zone. And you will use them because they are the "in" thing.
www.boxycharm.com/

Ipsy

For those with a limited budget but want something tailored to their looks and likings, there is Ipsy. At just under $20 Canadian (depending on the exchange rate for a Montreal subscription), Ipsy can be a lot of bang in a small bag containing four or five products of varying sizes. The fun about an Ipsy subscription is that they use an algorithm after filling out a questionnaire about your likes and dislikes. Then, based on that information and what's available that month, you are sent four or five items you'll probably like.
www.ipsy.com

NISKAMOON CORPORATION

We provide a framework for the cooperation between the Cree Nation and Hydro-Québec, enabling the implementation of the Cree/Hydro-Québec Agreements.

We facilitate access to funds and programs for Eeyou-Eenou, communities, and entities through our different departments.

Remedial Works
With land users, we help develop, manage, and implement remedial works projects with goals to alleviate the long-term impacts of hydroelectric development, promote traditional practices, encourage the transfer of traditional knowledge, and help with the adaptation to the ongoing impacts of development.

Culture & Fisheries
We foster cultural projects and activities that promote Cree culture and the teaching of traditional customs. We also encourage fishery projects with a strong commitment to the training of youths and passing on of traditional fishing knowledge.

Training & Employment
With various Cree entities and academic institutions, we are a partner in different training programs. We are currently working with Hydro-Québec on the integration of our TEHQ graduates into their workforce. We value our role in the professional and technical training of Crees.

Our Core Values
We encourage projects that follow our core values:
- Ensure the autonomy and self-sufficiency of Cree land users over time.
- Promote and enhance the passing of traditional knowledge to future generations.
- Maximize the benefits for as many Cree people as possible.
- Enhance the continued use of lands impacted by hydroelectric development.

Learn more at www.niskamoon.org
| | info@niskamoon.org
NISKAMOON CORPORATION

View facing Montreal from BotaBota

Spa **Le Finlandais**

For the gal who wants company for a full-on Nordic Spa experience… The largest in Quebec, Spa & Hotel Le Finlandais invites you into a luxurious world of water, steam, dry saunas, massages, health food, cozy fires, waterfalls and wonderfulness. Located in Rosemere (20 minutes north of Montreal), there are so many different areas in this spa that it's a whole-day experience of steaming, hot and cold, and endorphins. And if you find yourself too spent on the endorphins from hot to cold and back again, spend the night.
www.spalefinlandais.com/en/

BOTA BOTA

These days you can get something called an "experience gift." What's lovely about this is that it's about spending time with someone special doing something like a spa day or a hockey date or a steak dinner or all three.

A popular spa in Montreal is Bota Bota. The thing about Bota Bota is that, well, it's on a boat. A stationary one, but a boat nonetheless. It has an otherworldly feel and is the kind of place you go for luxurious body treatments that smell like magic potions. It also features some Nordic spa action and during warmer weather, outdoor sun-bathing.
http://botabota.ca/

Tawich hunting gear

Tawich Clothing is a 100% Cree-owned company based in Wemindji with a line of hunting gear developed in accordance with the needs of Eeyou Istchee's hunters and trappers. Their products are designed to keep you dry, warm and comfortable no matter where or when you are in the bush. For winter, check out their wool sweater, military jacket, heavy camo 2-in-1 jacket and Realtree camo pants.
www.tawichclothing.com

Swedish **FireSteel 2.0**

If you're tired of damp lighters and sudden gusts of winds that blow out your waterproof matches, Swedish FireSteel is where it's at. A two-part tool, made up of seven-alloy magnesium and a stainless-steel striker, the FireSteel 2.0 can be relied upon for easy fire building in any weather, at any altitude. Originally designed for Sweden's Defence Department, the striker could be indispensable for hunting, fishing, trapping and survival on the land and in the bush. Fun facts: the spark is bright enough to be used an emergency signal, the tool incorporates an emergency whistle and the striker works equally well when wet.
www.thinkgeek.com.

Whisperlite camping stove

Lightweight, rugged, compact and efficient, the Whisperlite camping stove is perfect for hunting and camping trips. There are two different models, one that's fueled by kerosene and one that uses more affordable white gas (tank sold separately of course). The stove is completely separated from the fuel tank and comes with a convenient wind screen to hide the flame from the elements. A 650-gram bottle of fuel burns for up to 255 minutes and a fuel pump is incorporated into the design for easy lighting. You can get one from MEC for $109.
www.mec.ca.

Sports Experts & Atmosphere

NHL gear

With the NHL season back in full swing, it's important to support your team and encourage your friends to do the same. Also an option is attempting to sway your friends' loyalties by buying them a good-looking team gift and inviting them to watch a few games and learn more about why your team is the best. This year's Montreal Canadiens two-tone caps by Adidas are available at for just under $40, and man, are they sharp! The Bruins and Senators both have good-looking fitted caps and tuques in their online stores and if you want to keep your beer "cozy" there are nifty laced bottle coolers to help you responsibly enjoy a cold beverage. The NHL Shop offers all sorts of hockey related apparel or home items – from jerseys, hoodies and t-shirts to rompers and underwear, travel mugs and wine glasses.
www.nhlshop.ca

If you're buying new hockey gear and looking for a deal – for yourself, your friends, your teenagers or your little ones – Sports Experts is one of the largest sports retailers in Quebec. The store has locations in Chibougamau, La Sarre, Amos, Rouyn-Noranda, Val-d'Or and Montreal and also offers discounts for package deals purchased online. Right now you can get up to 25% off CCM Jetspeed and Vic CX protective gear when you buy a youth or junior bundle on their website and the site also has an extensive clearance section where you might just find a great deal on what you need. The store also sells winter coats, clothes, sleds, skis and snowboards as well as outdoor equipment through its sister store Atmosphere.
www.sportsexperts.ca

Cree Source for Sports

If you're inland and don't need to travel Val-d'Or or Montreal anytime soon why not shop local? The Cree Source for Sports – located at 155 Amanda Street in Mistissini – offers a wide variety of sporting goods including firearms, ammunition, protective hunting gear, hockey equipment and winter apparel. Call 418-923-2733 to see if they have what you need.

Call of Duty: WWII

Also out as of November 3 is Call of Duty's latest first-person shooter video game for PC, PlayStation 4 and Xbox One. Activision and Sledgehammer Games went back to the roots of the Call of Duty franchise with a storyline that once again takes place during World War II. Beginning in Normandy with the infamous D-Day beach landing, the story throws you right into the Allied invasion of German strongholds in France with ensuing battles in iconic locations across Europe. "Experience classic Call of Duty combat, the bond of camaraderie and the unforgiving nature of war," – or shoot Nazi zombie and fight for bragging rights amongst your friends in online multiplayer. The game retails for $79.99.
www.callofduty.com

iPhone X

With catchphrases like "say hello to the future", "it's all screen" and "fills the hand and dazzles the eyes," Apple's iPhone X hit the market amidst a ton of hype on November 3. Unless you were one of the early adopters who dropped up to $1500 to pre-order the tech giant's latest offering, you probably won't be able to get one right away. Despite all the buzz, there have also been a lot of questions surrounding Apple's supply capacity and whether it will be able to meet initial consumer demand – its release date was originally scheduled for September.

Regardless, if you or someone you love lives and breathes new tech, the iPhone X has it all. Surgical grade stainless steel, "the most durable glass ever in a smart phone", an all-new super retina OLED screen that stretches to the very edge of the device, face mapping and face identification, wireless charging and dual 12 mega pixel cameras, all wrapped up in a phone that is water and dust resistant. (Apple won't say that it's waterproof but experts say it can handle water up to three metres deep for about three minutes.)

If you want similar features with slightly older tech and a much smaller price tag go for an iPhone 7 or 7+. The 8 and 8+ are also more affordable than the X with a few incremental upgrades on the 7 as opposed to wholesale changes, including a faster processor, a glass body, upgraded cameras, louder speakers and wireless charging capability. The iPhone 7, 8 and X range from $700 to $1500 brand-new and unlocked, but you can save a few hundred dollars by purchasing from your cellular provider and signing a two-year contract for a monthly plan.

Kindle Oasis

While some still prefer the sensation of paper between their fingers, the Kindle e-reader is the perfect marriage of reading and modern technology. Kindle's latest model connects to wi-fi and links to Amazon, where you can download electronic books. Online titles cost less than hardcovers or paperbacks and the Oasis' new design incorporates plenty of useful features, like a battery that lasts over a week on one charge, an adaptive front light that illuminates your text when needed and an ergonomic design that allows for one-hand reading and mimics the feel of a real book. The Oasis also boasts Kindle's largest, highest-resolution display to date – supposedly it reads like real paper and has no glare, even in the sunlight. On top of all that, it's waterproof! You can grab an 8 GB model for $389.99 or spend another $100 to have 24 GB of extra storage.

Legend of Zelda
Hylian Shield Backpack

Finally, here's something for the so-called "geeks" – or those who appreciate classic video games and their characters. This backpack looks like the real deal shield that Link used to protect himself throughout the Legend of Zelda series and it also protects your laptop or tablet. Sold separately is the Legend of Zelda master sword (made of foam) which conveniently slides into a sheath between the straps of the backpack. The shield goes for $59.99 and the sword for $24.99.
www.thinkgeek.com

Exogear chargers and car mounts

If you or someone you know logs a lot of hours on the road, Exogear's products provide hands-free navigation and keep your electronic devices powered up while you travel. The company makes two different aluminum chargers with two or three port options, both of which have a universal rapid charge mode, and a line of top quality smartphone car mounts. Their best seller is a multi-surface suction cap mount that swivels 360° and comes with a money-back guarantee. Also available are a CD slot and an air-vent mount.
exogear.com

Big Sugar

Here are some ways to reduce sugar consumption

by Dr. Sharon Messinger

There's a long-term war raging for people's money led by what I call "Big Sugar".

Sugar is everywhere in the community and it's cheap compared to healthy foods. It's time to take control of the food and drinks that are available throughout the Cree Nation. Drinking soda and eating sweets has led to an explosion of diabetes and tooth decay. But why is poor-quality food easily available and healthy food so expensive?

I've long been an advocate for healthy food choices but only recently have I understood that the cost of food in the northern communities was making it impossible for anyone to make good choices. Fresh fruits and vegetables are painfully expensive, even if they are available or edible. Soda and junk food is cheap. But we pay a hug cost in our health for this.

There are several things that can be done to change this:

- Several communities built greenhouses to grow their own vegetables. This is a great concept and should spread. If large greenhouses are too expensive, perhaps smaller ones can be planned.
- Encourage a return to natural foods and discourage consuming the sugary processed foods and drinks that are doing so much harm. What you eat and drink will affect your health – so take control. Supplying less expensive foods won't be beneficial if the community doesn't recognize that sugar is actually a bad thing. I know it tastes good, but it's an artificial good. It destroys the ability to enjoy natural tastes and it's addictive. When you're drinking a Coke, which has so much sugar and acid in it, you're not going enjoy the taste of a natural sweet fruit because you're overwhelmed by the artificial chemicals and sugar that you're drinking.
- Try to reduce the transportation cost of healthy food and increase these costs for junk food.
- Develop Indigenous-run food co-ops. The profits and choices should be beneficial to our communities.

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CONSEIL CRI SUR L'EXPLORATION MINÉRALE

The CMEB Aims to

- **Assist the Crees** in accessing mineral exploration opportunities.
- **Facilitate the development** of mineral exploration enterprises with Cree entrepreneurship.
- **Help encourage the Crees and Cree enterprises** to benefit from Quebec's regular funding programs as well as other provincial assistance allocated to mineral exploration activities.
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cmeb.org

On the grid

ECN hubs bring communications goals closer to fruition

by Nation Staff

Having recently started operations in Amos, Eeyou Communications Network (ECN) is now shifting its focus to the next phase of its ambitious internet strategy: giving access to fibre-to-the-home (FTTH) services across Eeyou Istchee.

On November 1, ECN inaugurated a new hub in Oujé-Bougoumou and met with federal, provincial, municipal and Cree governments to discuss implementing the next phase of their plan. "The installation of the Amos high-capacity centre as our second internet exchange centre means ECN has achieved a secure status with complete redundancy for the network," said ECN President Alfred Loon.

The additional resources ensure continued connectivity in the event one hub goes down, while increasing download speeds.

The FTTH services will initially be implemented in 4000 homes in the Cree communities of Chisasibi, Wemindji, Eastmain, Waskaganish, Waswanipi, Oujé-Bougoumou, Nemaska and Mistissini as well as Radisson by April 2018. The service will enable every subscriber to access over 150 TV channels, high-speed internet, and regional toll-free telephone service at rates comparable to those in Montreal and Quebec City.

"Our Cree culture has, in fact, never been static. It has always adapted to circumstances and we have always adapted the useful technology offered by contact with other peoples," said Oujé-Bougoumou Chief Curtis Bosum at the ECN inauguration in his community November 1. "Although we have always maintained our fundamental connection with the land, we have modified the way in which we take from the land that which we need for our sustenance."

> *"Our Cree culture has, in fact, never been static. It has always adapted to circumstances and we have always adapted the useful technology offered by contact with other peoples"*
>
> *- Curtis Bosum*

The James Bay Communications Society talked about having effective and affordable internet, telephone and television services for the Cree communities as far back as the late 1980s. JBCCS intervened with the CRTC over the cost of phone services in the Cree communities. They were informed that Hydro-Québec had a fibre-optic line between Radisson and the south. Then the Grand Council of the Crees took over the file and the ECN was born. At the start they provided needed services to the Cree Health Board, Cree School Board, JBCCS, local radio stations and other entities. Hooking up Cree homes with fibre-optics was the next logical step.

With help from federal and provincial agencies, ECN recently completed 950 kilometres of network line, connecting Eastmain and Waskaganish to its network. The company is now preparing for another major construction project to connect the community of Whapmagoostui to the ECN regional grid with fibre-optic service.

"By improving the communications networks within the region, we are also coming more easily into contact with people beyond our region, beyond Quebec and beyond Canada," said Bosum. "This technology will increase our ability to part of a larger world – a global world that is becoming in many ways smaller and people from very distant parts of the globe are becoming closer, and we are looking forward to being part of that."

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Under the Northern Sky

The first **snow**

by Xavier Kataquapit

I spent the afternoon working around my cottage preparing for winter, putting away anything that was unprotected from the ice and snow. Then I stored anything that could freeze and sheltered anything that could be moved. I cleared a lot of brush and piled everything into a bonfire that kept me warm as I worked.

In the afternoon, rain started to fall but it was it was more like ice pellets. The thermometer was just hovering around the freezing mark and the clouds couldn't decide whether to drop rain, sleet or snow. I kept working and as the day progressed, rain passed to sleet and sleet turned to snow. I did not really notice the cold until I stopped moving. The changing precipitation had soaked my jacket and pants. Now that I was wet I could easily feel the chilling wind pass through my layers of damp clothes and over my skin.

This wet, cold feeling is all too familiar. I had felt this same sensation many times up north on the James Bay coast. In the fall, my father Marius and my mother Susan would take us out on James Bay. When the weather became too cold to ride in our freighter canoe, they would still take us for a walk into the woods for a campfire. Mom and dad taught us that the weather shouldn't stop anyone from wandering into the wilderness as long as they had the skills to survive.

I recall many times being with family around a fire among the bushes and thick shrubs close to a forest of pine. Tall, yellowed wild grass was tramped down and we quickly established sitting areas, a meal preparation area and space to serve food. The women cooked bannock on a skewer and a goose was brought out to roast over the flames. A large steel pot of tea was heated over the fire and served with generous amounts of sugar and canned milk.

Our parents and Elders often placed a blanket, jacket or a piece of cardboard on the ground to sit on by the fire. Sheltered by the bushes and the bodies of several adults, we children were happy as we listened to everyone share stories in our familiar Cree language.

There were times when the weather turned very nasty and dangerous during our outings on the land. Most of the time we were fast to make some shelter and stay warm and dry. The Elders always had an idea when to travel and if it looked like there would be danger a trip would be postponed.

Dad never shied away from the cold weather or rain or sleet or snow. When I think about it now, it was normal for him, as he had lived through so much of this. He would smile as he shouted out orders to us from the back of a noisy freighter canoe. He would have his cap turned back so it would not catch the wind as he squinted his eyes from the icy cold ocean spray. On cold autumn days, he stayed out for hours in cold wet weather under layers of warm clothes and a rain suit to get some job done and make a living to care for us.

So, being a little wet and cold doesn't stop me from heading outside. That experience is almost a part of my DNA. I have learned from the best nomadic Cree traditional people how to survive in all kinds of situations. These days I realize how important it is for me to stop and give thanks to my parents for passing on their knowledge.

Out here on my land, at the lake, not far from the great James Bay I feel alive with the sleety snow bouncing off my face, while I cut brush and stoke the fire. It is almost as if I can hear the old ones' voices in the blustery wind blowing through the tall pine. They seem happy with my fire.

Regional Radio Show on Housing

from the Capital Works and Services Department / Housing and ownership in the Cree Nation

Wednesday November 15, 2017 from 12:15 to 12:45

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Cree Nation Government
Gouvernement de la Nation Crie
CAPITAL WORKS & SERVICES

Your host:
Lawrence P. Katapatuk
Regional Housing Planner

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(James Bay Cree Communications Society)
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LIVE from Wemindji

We need community members' input, suggestions and comments concerning housing in the Cree Nation.

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Grand Council of the Crees (Eeyou Istchee)
Grand Conseil des Cris (Eeyou Istchee)

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Cree Nation Government
Gouvernement de la Nation Crie

The Cree Nation Commemorates Another Anniversary

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On November 11, 1975, our Cree leaders of the day signed the James Bay and Northern Quebec Agreement–our Treaty.

Forty-two years ago, there was no way to foresee the phenomenal growth, advances and successes that the Cree Nation would achieve since that momentous day in the history of our Cree Nation. Neither was it possible to foresee the enormous challenges and the heroic struggles that would face our growing Nation over the years. Nor was it possible to anticipate the huge personal sacrifices and the tireless work that would be required by subsequent leaders to bring us to where we are today–a prosperous, innovative and forward-looking Indigenous Nation.

On that day, the foundation was laid and a vision was put forward that would guide and inspire new leaders to carry with them. That vision lives on today as we continue to identify ways to build on our Treaty and continue to find ways to improve the lives of the Cree people. Our Treaty is not a static document collecting dust on a shelf and brought out for ceremonies. It is a living document that, when necessary, we have amended, and which continues to guides us, and continues to guide those governments with which we need to maintain a dialogue.

Our Treaty continues to be our foundational document which we invoke in order to advance the betterment of our people, our communities and our young Cree Nation.

May we all celebrate this day in our history with pride in our collective achievements, with gratitude in our hearts for the lives we enjoy and with great optimism for the future.

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